

Medical Command  
THE AIR FORCE FITNESS PROGRAM

AFI 40-501, 1 October 1998, is supplemented as follows:

1.3.2.1a (Added) Upon approving a waiver for the fitness assessment, 4 ASOG/CC implemented a fitness program that applies to all active duty personnel assigned to 4 ASOG staff, squadrons, detachments, and operating locations. This program sets the minimum standards and provides adequate flexibility for individuals to incorporate their preferred method of aerobic exercise to meet the intent of AFI 40-501. Point of contact is 4 ASOG/LGF DSN 370-5240.

1.3.3a (Added) All 4 ASOG units will identify those individuals required to pass the Army PT test. These personnel will accomplish the training necessary to pass the Army PT test. Each unit will maintain a current copy of their fitness waiver letter in their unit headquarters.

3.2.2.3a (Added) The minimum duration is 30 minutes of continuous exercise in the target heart rate zone. Aerobic activity should be preceded and followed by 5 to 10 minutes of warm-up and cool-down.

3.2.2.4a (Added) The minimum frequency is 3 days per week. Exercise may be accomplished as a unit or individually. Failure to meet a unit session does not eliminate the need to individually accomplish fitness training.

3.2.2.6a (Added) All units will ensure individuals are actively engaging in the physical training program and, if necessary, assist with establishing individual programs. Up to three hours of duty time will be allowed weekly, to accomplish the required physical training. The training will be tracked using AF Form 1975, *Personal Fitness Progress Chart*, or a locally generated form. The completed forms will be turned in to the Unit Fitness Program Manager and placed in the PIF to be retained for at least one year or upon PCS, whichever is sooner.

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Commander

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